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Teachers mull tentative contract

More than 40,000 BCTF members will vote on the six-year agreement on Thursday PAGE 3

SCOTLAND DECIDES

AS SCOTS HEAD TO THE POLLS TO VOTE ON INDEPENDENCE, METRO STAFFERS TRADE VIEWS ON SOVEREIGNTY PAGE 10

Should owners of empty condos be taxed?

Campaigning. COPE candidate wants to target those who leave units 'consistently unoccupied'

A woman rides along the seawall in Stanley Park across from condos in Coal Harbour. A civic political party has proposed taxing owners of vacant condos. JENNIFER GAUTHIER/FOR METRO

Vancouver's empty condos, owned as an investment but rarely used, are a sore spot for renters who struggle to find decent apartments in a city with exceedingly low rental vacancy rates.

As the municipal election approaches, politicians from Vancouver's three historically dominant civic parties are pondering how to deal with vacant condos, an issue that often sparks heated discussions as it overlaps with foreign ownership, affordable housing and property rights.

While it's unclear how many condos are empty, in the prestigious downtown Coal Harbour neighbourhood the vacancy rate is nearly 25 per cent, according to the most often cited research, based on census data, by UBC adjunct professor Andy Yan.

COPE mayoral candidate Meena Wong promises to tax property owners who leave units "consistently unoccupied" for 12 months. Her party believes this will target investors, not people with vacation homes.

To do this, COPE will register owners for a fee to take an inventory of housing, get property owners to report usage and give them an incentive — this is not defined — to rent condos out.

Vision Vancouver had a similar plan to give incentives to owners to "unlock" vacant condo units in its 2008 election platform, but it didn't follow through with that strategy, Coun. Geoff Meggs said Wednesday.

"We have changed our focus to expanding the supply of rental housing," Meggs said, pointing to the expanded rental stock under the Rental 100 program. Units built under this program must remain as rentals for 60 years or the life of the building.

Council has, however, directed the city's new housing agency to collect data on the number of vacant units to determine the size of the problem, Meggs said.

"It is offensive to people the idea that there are useful homes that are not being made available," he said.

But if there are copious empty condos, it's not clear if the city has the authority to tackle them as provinces and states usually regulate ownership, Meggs added. The city would also have to decide when it's acceptable for an owner to have a vacant space.

"It's extremely difficult to determine whether something is empty for a good reason," he said.

Non-Partisan Association mayoral candidate Kirk LaPointe agrees that more research needs to be done to assess the scale of the issue. But he questioned how the city would enforce the rules — property owners can pay a building manager to use utilities every once and a while — whether such a tax would be legal and what the city would do with any tax revenue. EMILY JACKSON/METRO

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BOOK BARGAINS
Friends of the Vancouver Public Library is holding its annual fall sidewalk book sale today through Saturday at the promenade of the central library in Downtown Vancouver.

2
CHIEF RELIEF
Canada's longest-serving police chief, Delta's Jim Cessford, announced yesterday that he plans to retire in early 2015. Cessford became the municipality's chief of police in 1995.

3
WHOPPER DEAL
Industry Minister James Moore said he has received the formal application for a foreign-investment review of Burger King's $11-billion takeover of Tim Hortons.

4
FACING FACEBOOK
Facebook is meeting with San Francisco drag performers and activists over the site's policy requiring people to use their real names. The group says the policy is unfair.

5
TYPE-2 DIABETES
People with the highest intake of high-fat dairy reduced their chance of type-2 diabetes by 23 per cent, according to research at Sweden's Lund University Diabetes Centre.

Teachers to decide whether deal is worth their losses

Vote looms. Labour experts say neither side achieved strong victory with proposal

Now that the initial euphoria from wrangling a deal has worn off, thousands of B.C. teachers are tallying their wins and losses ahead of a crucial vote that could reopen school doors.

"We're ecstatic they were able to sit down and hash something out," said Vancouver teacher Troy Hardwick.

"And then you start collecting into groups on the picket lines. God, teachers are terrible. Seven teachers and you get eight opinions," he joked.

On Thursday, more than 40,000 members of the B.C. Teachers' Federation will be asked to form conclusions.

The negotiated agreement is now being computed, with labour experts saying neither side achieved a strong victory.

"Whether it was worth it is a personal decision on behalf of each voter," said business professor Fiona McQuarrie at the University of the Fraser Valley. "Individual members are going to look at what this contract means to them personally and what they lost personally."

Study sessions will be held Thursday morning for members to obtain more details, with the vote results expected in the evening.

Breaking down the key provisions reveals losses and gains.

Term: the six-year, retroactive agreement exceeds the five years proposed by the union. A 7.25 per cent salary increase comes in just higher than the average increases given to more than half of other public-sector unions.

Improvements in extended health benefits were achieved, and the teaching-on-call rate of pay gets a boost. Teachers receive no signing bonus.

Education Fund: the union and employer argued vigorously about what to dub the fund meant to address class size and composition issues. They've determined a fund will be used exclusively to hire specialist teachers. The employer had offered $75 million in an existing fund, which will remain stable the first year, then be bumped to $80 million for three years and $85 million in the final year. THE CANADIAN PRESS

Desks sit vacant in a Magee Secondary School classroom in Vancouver on Sept. 5. JONATHAN HAYWARD/THE CANADIAN PRESS

Nov. 15

Prominent lawyer running for mayor

The lawyer who helped two neighbourhood groups launch legal action against the City of Vancouver over the past year is officially vying to become the next mayor.

Bob Kasting announced Wednesday he will run as an independent mayoral candidate in the Nov. 15 election.

Kasting says the two major parties, Vision Vancouver and the NPA, are too attached to developers. He first made headlines in fall 2013 for a lawsuit to stop a bike path in Hadden Park and Kits Beach — the city backed off plans to pave a stretch of concrete in 2014, before the case reached the B.C. Supreme Court. He also represents the False Creek Residents Association in its ongoing fight with the city and Concord Pacific. EMILY JACKSON/METRO

South Surrey riding

Surrey mayor seeking federal Tory nomination

The outgoing mayor of British Columbia's second-largest city says she hopes to run for the federal Conservative party in the next election.

Dianne Watts announced last April that she wouldn't seek re-election for another term as mayor in Surrey.

She now says she'll seek the Conservative nomination in South Surrey for the election that's scheduled for Oct. 19, 2015. Watts says she considered local issues, like rapid transit, rail safety and movement of goods, as well as global issues affecting Russia, Syria, Iraq, Libya, Afghanistan and the conflict between Israel and Palestine.

Watts served nine years on city council and was elected three times as mayor. THE CANADIAN PRESS

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Nurses rally in protest of new patient care model

Nanaimo. New model combines registered nurses, licensed practical nurses and care aides

BCNU president Gayle Duteil CONTRIBUTED

More than 140 nurses took to the streets in Nanaimo Wednesday to protest a new patient care model that has led to a decrease in professional nurses and overwhelming workloads, according to the B.C. Nurses' Union.

Nurses have seen patient loads almost double since the new model was implemented a year ago. The model aims for a more collaborative approach by combining registered nurses, licensed practical nurses and health-care assistants (care aides) into a team.

But, Kris Van Lambalgen, a practical nurse for the last 17 years at Nanaimo General Hospital, said Island Health is ignoring best practices with the new model and it's only creating more work for nurses. One nurse should care for four patients per shift, but in some cases have six to nine — depending on the unit, Lambalgen said.

"I've come across nurses crying in the unit; bursting out in tears because they can't do it," she told Metro after the rally. "We welcome the addition of care aids to our team, but not at the expense of patient care," Lambalgen said. "We're asking to put nurses back at the bedside while we find a solution."

BCNU president Gayle Duteil said the new model has led to Island Health replacing 26 nurses with care aides and the loss of more than 48,000 hours of bed-side nursing care.

"I toured Nanaimo (hospital) on Sunday night, I spoke with nurses, saw some of the conditions and I have to tell you the conditions the nurses were working in were shameful," she said. Duteil said patients filled the hallway and nurses couldn't meet their needs in a timely manner.

Island Health spokesperson Sarah Plank said the authority recognizes that the change has been challenging, and it appreciates staff for the ongoing dedication to patient care.

The authority has been monitoring the situation closely, she adds, and so far the quality of patient care has not been disrupted. Plank said 26 nurses haven't been replaced, but the whole structure of the team has been reconfigured. STEFANIA SECCIA/FOR METRO

Victoria. Number of homeless seniors on the rise, new SFU study says

The Greater Victoria Area is seeing a disproportionate amount of seniors chronically utilizing emergency shelters compared to other groups, according to a new Simon Fraser University study.

A study on emergency shelter use patterns for the Greater Victoria Coalition to End Homelessness was led by SFU public policy program master's student Hannah Rabinovitch was focused on a six-month period, but evaluated data that spanned four years.

It tracked 4,332 individuals and examined about 46,000 shelter records. More than 85 per cent of users accessed shelters for a short period. 13.6 per cent accessed the shelters five times over a four-year period with average stays of 30 days, and 1.5 per cent — mostly seniors — stayed four to five times for an average of six-months. STEFANIA SECCIA/FOR METRO

Donald Baudais. 6-month term for teaching tax fraud

A Kelowna man has been sentenced to six months in jail for teaching others how to commit fraud, according to the Canada Revenue Agency.

Donald Grant Baudais, who worked for Paradigm Education Group — which the CRA says is a well-known tax protestor group — was sentenced Sept. 12 after being found guilty of one count of income tax evasion, one count of excise tax evasions and one count of counselling others to commit fraud.

The six-month jail term relates to his activities as an "educator" with Paradigm.

Students would pay Baudais a portion of their income in exchange for education and assistance on evading tax.

Baudais was also handed a $24,416 fine, which is how much income tax he evaded and GST he failed to remit.

A CRA investigation determined that Baudias failed to report over $250,000 in income from 2004 to 2008.

MATT KIELTYKA/METRO

24-hour period. Metro Vancouver sees three suspicious deaths

Within a 24-hour period, three bodies have turned up in Burnaby, Surrey and New Westminster.

After 10:30 p.m. on Sept. 15, Burnaby RCMP attended a residence in the 3900 block of Carrigan Court after receiving calls of a home invasion.

When police arrived, they located the dead body of 23-year-old Abdul Sarwari, who resided in the apartment complex. No one else was located in the residence.

"The victim's cause of death has not been confirmed and the death is considered suspicious," said Staff Sgt. Jennifer Pound in a media release.

The Integrated Homicide Investigation Team is currently investigating and is asking any witnesses to step forward.

IHIT is also investigating another body found at 4:30 p.m. Tuesday in New Westminster.

New Westminster police attended a residence in the 1100 block of Nanaimo Street. First responders determined the man met with foul play.

Quoted

"He was kind, courteous, considerate and diligent."

Last Door Recovery Society's statement on the death of employee Jason Collett

Jason Collett's body was found near a Last Door Recovery Society facility for transitional living for clients. He worked as a crane operator and was evening support worker for the society.

Across the bridge, Surrey Serious Crime Investigators are looking into a body that was found Tuesday evening.

Surrey RCMP was called to the 14600 block of 66th Avenue at 7 p.m. following reports an unresponsive body of a young person was found.

The death is being treated as suspicious, but the cause is unknown. The person's identity has not yet been confirmed. STEFANIA SECCIA/FOR METRO

Red serge, a country crooner and football's top prize

Country singer Tim Hicks and members of the Royal Canadian Mounted Police pose with the Grey Cup during a press conference introducing the program of events for the 102nd Grey Cup Festival in Vancouver on Wednesday. The four-day festival, from Nov. 27-30, will feature performances by Hicks, Hey Ocean! and Trooper. JIMMY JEONG/THE CANADIAN PRESS

B.C. has confirmed 3 enterovirus cases

D68. Health minister says no need to panic; school strike has likely slowed spread

An uncommon respiratory virus that is sweeping across parts of the United States has been confirmed in three people in British Columbia, but the province's health minister says there's no reason to panic.

Terry Lake said two of the cases of enterovirus D68 are in the Fraser Health region and a third has surfaced in the Interior.

"(They're) certainly much lower numbers than they're seeing in Alberta or that they have seen in the United States," Lake said Wednesday, adding patients who end up in hospital are isolated.

"It's handled much the same way other infectious respiratory diseases are and there are protocols in place."

The three-week province-wide school strike has likely prevented the virus from spreading, Lake said.

Interior Health medical health officer Dr. Sue Pollack said a young adult male tested positive for the virus in the Thompson-Cariboo region.

She said people who are otherwise healthy should be able to fight it off, but it's more serious for young children with existing respiratory conditions.

"In children, parents may notice difficulty breathing, wheezing, shallow breathing, maybe the children are dehydrated, not as alert as usual. In those instances it's very important that parents seek medical care," she said.

The BC Centre for Disease Control said the three people infected with the virus are being treated in the Vancouver area.

The virus, also called EV-D68, has been confirmed in 130 children in 12 American states since mid-August, causing severe respiratory illnesses.

Alberta health officials say 18 children in the province are sick with the virus, although chief medical health officer Dr. James Talbot said more tests need to be done to determine if it's the same strain that is causing the outbreak in the U.S.

THE CANADIAN PRESS

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Mayoral race. Richmond creates mobile app to share election information

Richmond is going mobile to spread information about the Nov. 15 municipal election.

The city launched a free smartphone app, created by local company Opacity Design Group, to give citizens easy access to details about where to vote, qualifications to vote and advanced voting.

For those who have a hard time keeping candidates straight — and who doesn't, considering residents must elect a mayor, councillors and school trustees — the app will also include a profile of each candidate once the nomination period closes on Oct. 10.

Only 24 per cent of the 129,903 adults eligible to vote cast a ballot in Richmond's 2011 civic election, according to Elections B.C. data. That's lower than the average provincial voter turnout of about 30 per cent.

In this atmosphere of low voter turnout, Vancouver is also taking steps to make voting easier. It increased the advanced voting period to eight days and will allow registered voters to cast a ballot at any voting station in the city.

For more info on voting in Richmond, visit Richmond.ca/electionservices.

EMILY JACKSON/METRO

Civil claim

Man who lost finger suing City of Kamloops

A man who claims to have lost his finger while repairing damage caused by a sinkhole resulting from a faulty municipal water line on his property is suing the City of Kamloops.

Kenneth Walters has filed a notice of civil claim in B.C. Supreme Court.

THE CANADIAN PRESS

Court denies bid to block mountain survey crews

Feud. City of Burnaby opposition escalated when the U.S. company proposed tunnelling through Burnaby Mountain

Biologists Riley Swendseid, left, and Stefan McAvoy work along Stoney Creek as part of a field study and geotechnical investigation for the proposed Kinder Morgan Trans Mountain Pipeline expansion project. DARRYL DYCK/THE CANADIAN PRESS

A British Columbia court has rejected the City of Burnaby's latest bid to block Kinder Morgan crews from its land.

A B.C. Supreme Court judge dismissed an application on Wednesday for an injunction against survey crews on Burnaby Mountain, the company's preferred new route for its Trans Mountain pipeline.

Judge Brenda Brown did not immediately give reasons for her decision and Burnaby Mayor Derek Corrigan did not return a call seeking comment.

The legal action was the latest tussle in an ongoing feud between the municipality and the Texas-based pipeline giant over the proposed $5.4-billion expansion of the existing line linking the Alberta oilsands to the company's tanker terminal on Port Metro Vancouver.

City of Burnaby opposition escalated when the company proposed tunnelling through Burnaby Mountain, home to Simon Fraser University and a large conservation area.

The National Energy Board previously upheld the company's right to access the land under federal law, but the civil action filed by the city last week claimed the federal regulator couldn't exempt the company from city bylaws.

Burnaby asked the court to prevent any work that destroys trees or disrupts park land.

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Man pleads guilty to terror charge

Hiva Mohammad Alizadeh, 34. He faces a max of 18 more years behind bars

In a surprise move, an Ottawa man pleaded guilty Wednesday to possessing explosives with an intent to do harm as part of a homegrown terrorist conspiracy.

The plea means Hiva Mohammad Alizadeh, 34, will not face trial in February for his role in the plan to wage violent jihad in Canada.

Alizadeh, a custodian and part-time student, was arrested in August 2010 along with two other men.

Police seized terrorist literature, videos and manuals along with dozens of electronic circuit boards — devices designed to detonate homemade bombs remotely.

Alizadeh was sentenced to 24 years in prison after entering his plea in Ontario Superior Court, part of a pre-arranged plea deal.

Alizadeh told Justice Colin McKinnon that his time in custody to date had opened his eyes to the reality of his actions. He said he did not always subscribe to such an "evil way of thinking" and wanted to own up to his mistakes.

Alizadeh will be burdened with an utterly deplorable stigma, McKinnon noted.

After accounting for time served — credited as six years — Alizadeh faces a maximum of 18 more years behind bars, and he has agreed not to apply for parole for at least nine years.

THE CANADIAN PRESS

Ukrainian president shakes hands in Ottawa

Ukrainian President Petro Poroshenko shakes hands with members of the Canadian Ukrainian community on Parliament Hill, in Ottawa, Wednesday. FRED CHARTRAND/THE CANADIAN PRESS

'Non-combat'

Mulcair refuses to back commandos in Iraq

New Democrats are refusing to back Prime Minister Stephen Harper's decision to send special forces commandos into northern Iraq.

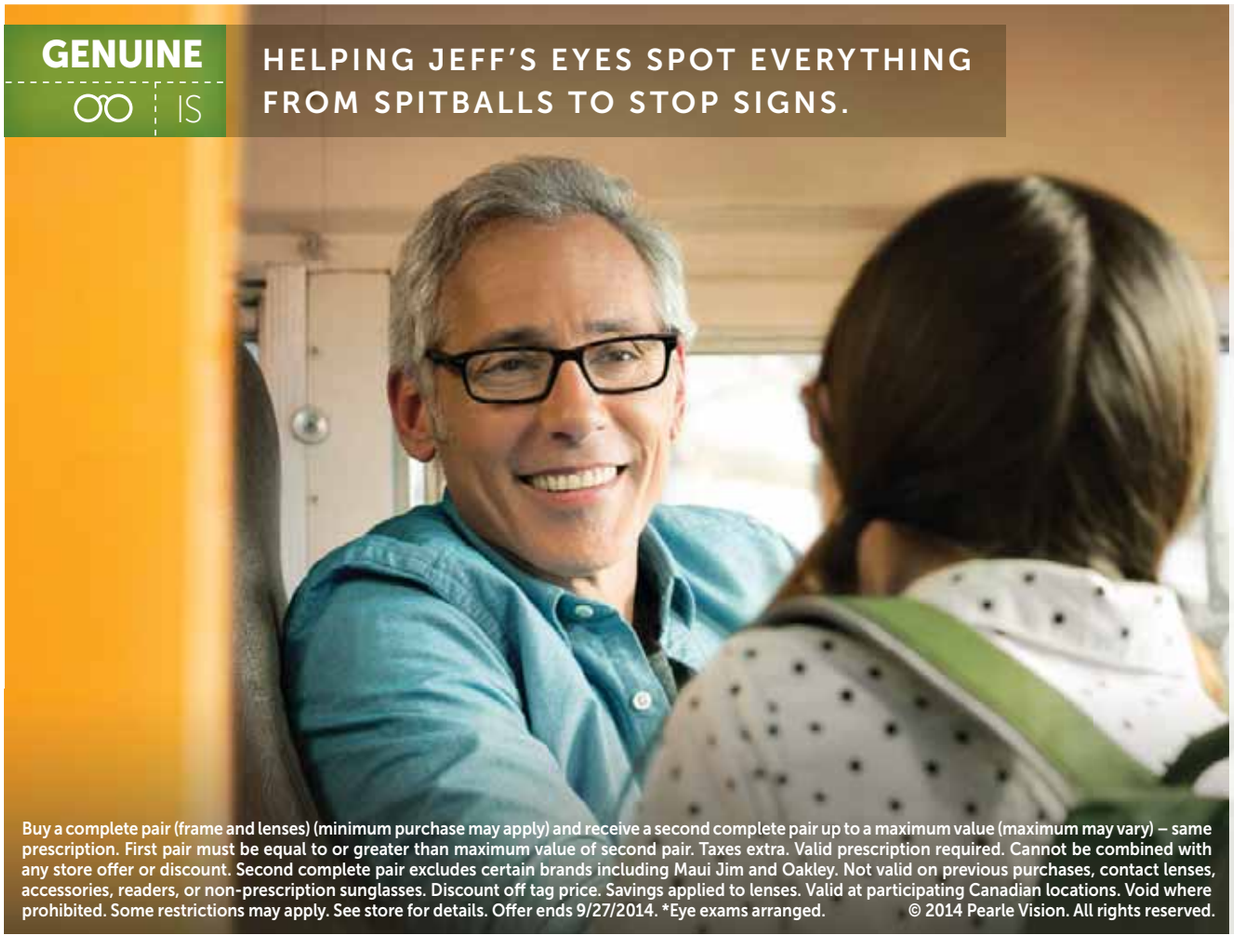
NDP Leader Tom Mulcair says it's the only responsible position to take, given the government's refusal to provide details of the deployment or to allow parliamentarians to vote on the matter.

Harper has confirmed that Canada has sent 69 special forces commandos to Iraq as part of a counter-terrorism campaign against the extremist al-Qaida splinter group known as the Islamic State of Iraq and al-Sham, or ISIS.

He maintains the deployment, which is to be reviewed within 30 days, is not a combat mission.

Liberal Leader Justin Trudeau is backing the deployment.

THE CANADIAN PRESS



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Millions of Scots are heading to the polls today to decide whether to return to independence, apart from the United Kingdom

A TALE OF TWO EXPATS:

Metro staffers from across the pond trade views on Scottish sovereignty

THE SCOTSMAN

The people of Scotland are being asked a question: "Should Scotland be an independent country?" On Thursday, as many as 80 per cent of the country's five million people will reply Yes or No, perhaps paving the way to independence from the rest of the United Kingdom. The vote promises to be tight, and a simple majority is all that's required.

The one official question being asked is not necessarily the question that people are interested in answering. As observers make misguided references to ancient battles, other secession campaigns and apparent anti-English sentiment, many Scots, whether those living in Scotland or those in other places, are thinking instead about social and political change.

For some, it's about the U.K. government's cuts to public services. Others point to the damaged British economy, the divide between rich and poor or the nuclear weapons stationed in Scotland. Many want to pass judgment on U.K. politics, especially posh, privileged Prime Minister David Cameron, who's unpopular in Scotland. There are dozens of reasons that people might say Yes to independence.

Meanwhile, the No campaign has struggled with its message. Like a tidy person with rambunctious visitors, its leaders make shrill pleas for their stuff to be left alone. Attempts to paint independence as a bad idea for reasons of finance, defence and more are scoffed at by Yes campaigners, who rebuff the most difficult questions with vague, optimistic statements. It's all getting a wee bit emotional.

Now it's decision time. If it's a Yes, then perhaps two million people could be dragged into a new country they didn't vote for. But if it's a No, the huge popular movement for independence means the demands for change will continue. It's been a wake-up call for the political establishment.

Only one thing is for sure: After Sept. 18, 2014, Scotland will never be the same again.

MIKE DONACHIE
mike.donachie@metronews.ca

QUIN PARKER
quin.parker@metronews.ca

THE ENGLISHMAN

Like other English people, I've been devoting much of my thinking recently to Scotland.

I'll be honest: This is a new thing for many of us.

Scotland, in the popular English imagination, is misty, deep-fried and strangely angry with England for reasons that probably don't matter that much. It's a bit like the hate/indifference between Calgary and Toronto, except with more alcohol and saturated fat.

Scottish people invented television, the telephone, the electric clock and colour photography. So, basically, they invented the iPhone. A Scot also invented the flush toilet: a place many people, thanks to the iPhone, can use all of the above.

But relentless Scottish curiosity also resulted in an astonishingly foolhardy attempt to colonize a section of central American coastal land near the Darien Gap, which even today is too impenetrable to build a road through. The Darien Scheme impoverished the Scottish nobility and was a major reason why Scotland had to unify with the rest of the U.K.

I bring Darien up because I've always been a little bit envious of the romanticism of the Scots. Although I grew up in London, my family hails from Northumberland, the county across the border from Scotland. There the main highway to the border has signs every five kilometres telling you how dangerous the road is and that you're certainly going to die. (No such signs exist in the opposite direction.)

Now, waving a flag — literally and metaphorically — always feels gauche to an Englishman. So much so he has to use a French word to describe the sensation.

Still, I'm going to borrow a bit of that romanticism now. Scotland, I know you don't like us, but I do hope you go it alone. Because I'd love to see what you invent next.

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Toronto Mayor Rob Ford's mother, Diane, and his brother Randy arrive at Mount Sinai Hospital in Toronto Wednesday ahead of a press conference in which it was announced that the mayor has been diagnosed with a rare type of cancer.
BERNARD WEIL/TORSTAR NEWS SERVICE

Rob Ford diagnosed with a rare form of 'aggressive' cancer

'We are optimistic.' Doctor says Toronto mayor will begin chemotherapy within the next 48 hours

JESSICA SMITH CROSS
Metro in Toronto

Toronto Mayor Rob Ford has been diagnosed with cancer and will begin chemotherapy soon.

Colorectal surgeon Dr. Zane Cohen held a press conference at Mt. Sinai Hospital in Toronto on Wednesday to update the public on the mayor's health.

Cohen said the tumour in Ford's abdomen is a malignant liposarcoma, a rare and hard-to-treat form of cancer.

"However, we are optimistic about this tumour," he said.

The tumour has spread to Ford's buttock, behind the left hip, said Cohen. "We have biopsied that, and it is part of the same tumour."

Ford will undergo chemotherapy, beginning within the next 48 hours, said Cohen. "It will involve in-hospital, in-patient chemotherapy for three days, followed by a washout period of 18 days. The cycle will then be repeated."

Doctors will then perform more imaging tests, reassess the situation and determine the next steps, said Cohen. The next steps may be further cycles of chemotherapy, radiation or surgery.

Cohen said the tumour is "aggressive," and about 12 by 12 centimetres. He did not give a prognosis.

"We will be able to say more after the second round of chemotherapy," he said.

Ford has been in hospital since Sept. 11. He was admitted after experiencing intense abdominal pain.

Cohen said it was not possible to say how long Ford has had the tumour, except that it was not present when the mayor had an unrelated CT scan in 2011, but was likely growing for years.

The mayor's brother, Coun. Doug Ford, who has entered the Toronto mayoral race, issued a statement following the announcement saying: "Rob will beat this."

"Rob has always been so strong for all of us and now I ask us all to be strong for him."

Most Canadians feeling positive about life: Report

More than 75 per cent of Canadians aged 15 or older are considered to have "flourishing" mental health — feeling good about life and functioning well most days, a report released Wednesday says.

The Statistics Canada report found less than two per cent of Canadians are "languishing," meaning they experience low positive emotions and poor functioning, while almost 22 per cent are classified as having moderate mental health — neither flourishing nor languishing.

When combined with information on mental illness, about 73 per cent — or almost 20 million Canadians — are said to have "complete" mental health because they are both flourishing and don't meet criteria for such major disorders as depression, bipolar disorder, generalized anxiety disorder, and alcohol, cannabis or other drug abuse or dependence.

While that figure seems to put a sunny face on Canadians' mental health status, the report's cloudier flipside shows that one in four people don't have optimum emotional health or are struggling with psychological problems, the Canadian Mental Health Association said in reaction to the report.

"Let's not all sort of think, 'Wow, almost 77 per cent of Canadians say they have flourishing mental health; we must be doing great things in Canada,"' said national CEO Peter Coleridge. "If you unpack it, there's some cautions here.

"There's a significant proportion of our population that needs help," said Coleridge, citing statistics to illustrate that point.

One in five people live with a mental health and/or addiction issue a year; 500,000 Canadians miss work each week due to mental health problems; and among youth aged 15 to 24, suicide is the second leading cause of death after accidental injury.

The report, which is based on the 2012 Canadian Community Health Survey, also doesn't include certain segments of the population with an elevated risk of mental health problems, among them aboriginal Canadians living on reserves and other settlements; members of the military; and those in institutions like prisons and long-term care facilities, he said.

Aboriginal youth, for instance, have a suicide rate five to six times higher than non-aboriginal youth, and suicides among the Canadian military since 2002 outstripped the number of personnel killed in combat in Afghanistan by 178 to 158.

And because the report is based on a survey, in which participants answer an interviewer's questions, Coleridge said the percentages may not necessarily reflect reality.

"The discrimination and stigma associated with mental health issues, mental illnesses, in our society (means) people are judged as being weak. And responding to a survey via an interviewer, they're very unlikely to divulge information that their mental health is not so good because they would be judged.

"So the discrimination and stigma is pervasive and would have an impact on that self-reporting." THE CANADIAN PRESS

Street art surviving in Cairo

A woman talks on her tablet phone while walking past graffiti on Mohammed Mahmoud Street near Tahrir Square, in downtown Cairo, Egypt, Wednesday. Street art in Cairo, which flourished following the uprising that ousted former president Hosni Mubarak, has mostly been painted over by authorities, but on Mohammed Mahmoud Street, artists use the whitewashed walls for new artworks.
HASSAN AMMAR/THE ASSOCIATED PRESS

Philadelphia

'Twitter detectives' help police find suspects in beating of gay couple

Police searching for a group of suspects in the beating of a gay couple say they got an assist from social media users, and a defence lawyer said Wednesday that some of them were turning themselves in for questioning.

A security video of the group was posted by police Tuesday, and within hours, a Twitter user posted a photo of the men and women gathered at a restaurant. Another got help figuring out which restaurant, using Facebook to find people who had "checked in" there and started matching faces to names.

"This is how Twitter is supposed to work for cops," Philadelphia police Det. Joe Murray tweeted Tuesday. "I will take a couple thousand Twitter detectives over any one real detective any day."

The victims, a gay couple in their late 20s, were held down, punched and beaten after they bumped into a group of about a dozen people on Thursday. THE ASSOCIATED PRESS

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This is your brain. This is your brain on marijuana edibles?

Not funny, man.
The legal pot industry in Colorado is setting stereotypes ablaze with new ad campaign

Tired of Cheech & Chong pot jokes and ominous anti-drug campaigns, the marijuana industry and activists are starting an ad blitz in Colorado aimed at promoting moderation and the safe consumption of pot.

To get their message across, they are skewering some of the old Drug War-era ads that focused on fear of marijuana, including the famous "This is your brain on drugs" fried-egg ad from the 1980s.

They're planning posters, brochures, billboards and magazine ads to caution consumers to use the drug responsibly and warn tourists and first-timers about the potential to get sick from eating too much medical-grade pot.

"So far, every campaign designed to educate the public about marijuana has relied on fear-mongering and insulting marijuana users," said Mason Tvert, spokesman for the Marijuana Policy Project (MPP), America's biggest pot-policy advocacy group.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 90.88¢ (-0.28¢)

TSX 15,458.88 (-51.66)

OIL $94.42 US (-$0.46)

GOLD $1,235.90 US (-$0.80)

Natural gas: $4.01 US (+$0.02)
Dow Jones: 17,156.85 (+24.88)

I'll take 30, please.

A potential consumer looks at a Rolls-Royce Phantom car during the 2014 Beijing International Automotive Exhibition at China International Exhibition Center on April 21 in Beijing. A Hong Kong tycoon has placed the biggest ever order for Rolls-Royce cars, agreeing to buy 30 Phantoms to chauffeur guests at a luxury resort he's building in the global gambling capital of Macau. FENG LI/GETTY IMAGES FILE

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APPLE: THE LITTLE COMPANY THAT COULD

HE SAYS

John Mazerolle
metronews.ca

Unlike other media outlets, I'd like to talk about Apple and its latest products rollout.

Though this Little Company That Could struggles for attention from the mainstream media, I and a number of other indie columnists have been taking note of some of the new gadgets and services Apple announced this week to little fanfare.

With a brand-new smartwatch, new smartphone and new operating system, Apple has shown once again that it's on the cutting edge of replicating technology that other companies rolled out 18 months ago.

But with all the news about the possible meeting between U.S. President Barack Obama and Iranian President Hassan Rouhani, not to mention growing support in Brazil for Dilma Rousseff, you've no doubt been too tied up in world affairs to notice the picayune details of something so frivolous.

But I'm here to help. Here's a complete round-up of the new features and technology Apple announced during the past week.

• In a special surprise, iPhone users now have Irish rockers U2 as their ringtone, lock screen, music library, Angry Birds theme and call-centre representative. Also, predictive typing autocorrects "Hello" to "Who's Gonna Ride Your Wild Horses?"

• Apple's terms and conditions are now read by Siri so you don't have to.

• Airplane technology allows you to use your phone without looking up thanks to the "stick shaker" feature, which causes the phone to shake violently when you are about to encounter terrain.

• iPhone 6 overcomes Apple's size deficiency with a new 55-inch screen. The iPhone 5 can still be used as a remote.

• New E. coli-resistant casing makes toilet reading sanitary and guilt-free.

• Apple Maps now includes a direct link to Google Maps.

• The new operating system senses any concerns about personal privacy and automatically ups you one level on Candy Crush.

• To cash in on the vinyl craze, iTunes now holds only 12 songs.

• New and improved autocorrect feature is butter then evergreen.

• Spurred forward by smartwatches, smartrings and Google Glass, Apple releases an entire line of wearable technology, including iTrousers, iCorsage and iUD.

• Family Sharing allows kids to read your Internet search history directly.

• Phone battery now lasts a stunning 12 minutes.

• Lock screen opens with your fingerprint, which was conveniently saved by Apple eight years ago for just such an occasion.

• HealthKit technology measures the likeliness you have Ebola by monitoring the amount you've bled on the screen.

• Finally, celebrities' nude photos appear on your phone the second they're uploaded to the cloud, eliminating the middle man. Expect lots of Bono in the buff.

Glittering rock

The Matterhorn bathed in torch light from climbers as fog passes overhead. ROBERT BOESCH/MAMMUT/PHOTOPRESS VIA THE ASSOCIATED PRESS

Matterhorn mountain lit up for Swiss Alp-trekking anniversary

In preparation for the 150th anniversary of the first ascent of the Matterhorn, Swiss mountain sports specialist Mammut and mountain guides from the village of Zermatt transformed the spectacular summit into a shining stone icon as an anniversary gift to the village.

The prominent mountain is regarded as the emblem of the Swiss Alps and enjoys international popularity.

THE ASSOCIATED PRESS

Matterhorn at a glance

The Matterhorn is 4,478 metres high and was one of the last great Alpine peaks to be climbed.

- The first climb ended disastrously when four members fell to their deaths on the descent.
- It also has French and Italian names, reflective of the communities that live in the mountain's valleys.

SOURCE: WIKIPEDIA

MetroTube

Man versus hamster

ANDREW FIFIELD
andrew.fifield@metronews.ca

This hamster hits all right notes on the adorability scale. Not to mention the tiny hot dogs. But if we're going to call this an eating contest against Kobayashi, perhaps the finest competitive eater our species has ever produced, it's only fair to note that this nogoodnik hamster isn't really "eating." Just stuffing its cavernous, gluttonous cheeks. Not a fair fight at all. #TeamHuman (HelloDenizen/YouTube)

SCREENGRAB

Comments

Re: West Quebec Dog Rescuer Suing Municipality for $500K to Relocate to Ontario, published online Sept. 16.

I am dumfounded that the Mayor took this lightly and hasn't done anything about that. He is an elected official, is he not? I guess he picks and chooses who he defends in the community he is suppose to serve.
Danielle Emond, posted to metronews.ca

I agree the city made a mistake here. But as a citizen and business person, it is her responsibility to be aware of the rules especially in her field of work, I am in business too, and no one holds my hand.
Chris, posted to metronews.ca

metro AR SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 12 in News and page 30 in Sports.

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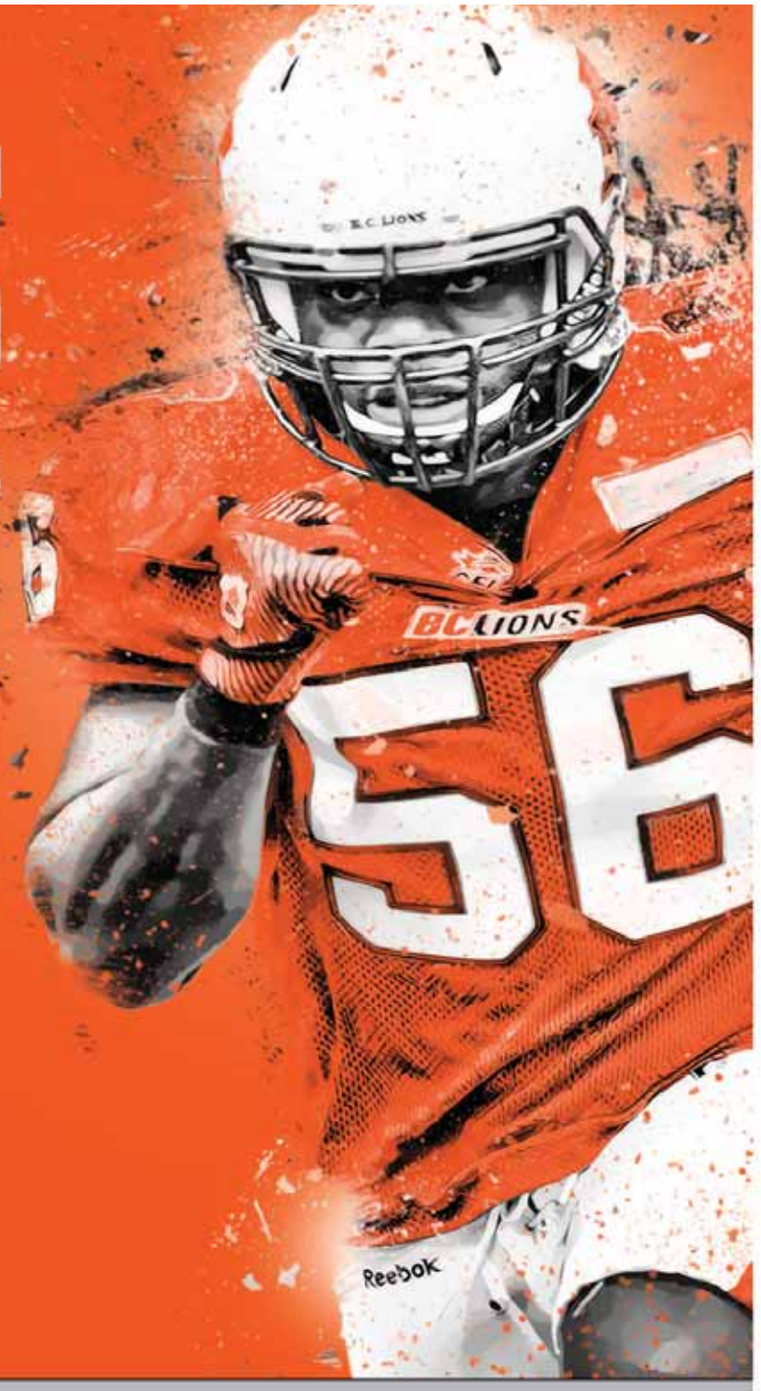

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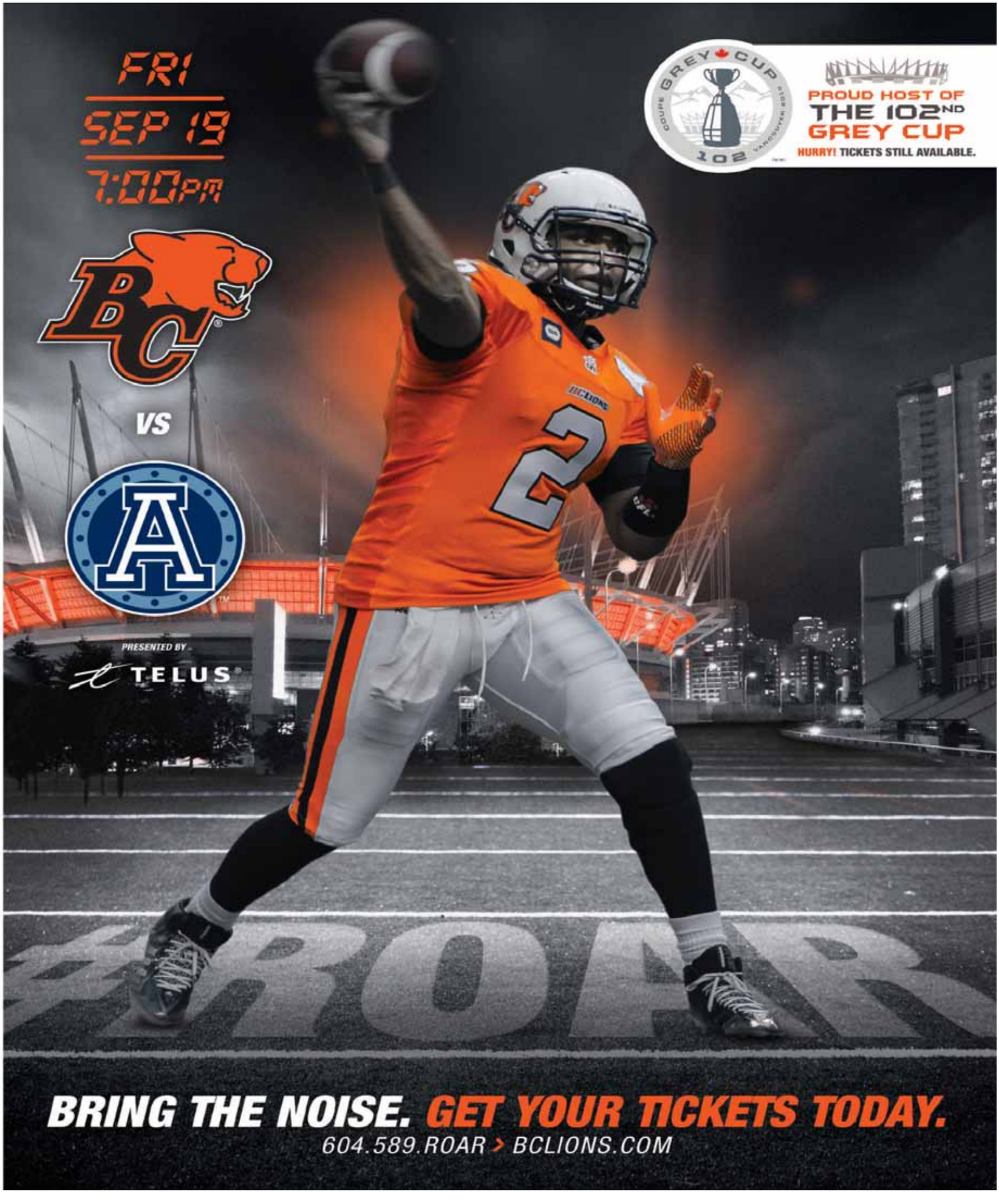
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Comedy Educating Rita takes young and old back to school

Stage, canvas and screen. The Arts Club's newest play is just one cultural event worth checking out this fall

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Holly Lewis and Jonathan Holmes in Educating Rita. DAVID COOPER/ARTS CLUB

Parents rejoice! It's finally time for kids to go back to school.

Of course, most of us know they don't have to be in a classroom to get a lesson in life. Calm down, parents with clumps of hair missing from heads. I'm talking about Educating Rita, which kicks off at the Arts Club next week.

It's a comedy about a working-class, street-smart hairdresser named Rita who enrols in a literature course. She's keen for Keats, and her professor — Dr. Frank Bryant — is taken by her verve.

In sum, he teaches her about Shakespeare and she schools him on everything else.

"I love this Eliza Doolittle story. Watching a woman grow and blossom, not through elocution but through a love of and passion for literature," says the play's director, Sarah Rodgers. "Toronto actress Holly Lewis is spot on as the fiery, outrageous Rita, and the charming Jonathan Holmes, an authentic Brit, shines as the disillusioned Professor Frank."

Educating Rita is at the Granville Island Stage from Sept. 25 to Oct. 25. Tickets are $29 to $49. More information at artsclub.com.

The Road to Kimoto is paved with art

Check out local artist David Wilson's new exhibition, Intersections, presented at the Kimoto Gallery from Sept. 25 to Oct. 11.

The show features his traditional urban street scenes, both on canvas and board, along with a selection of deconstructed pieces produced on corrugated board.

"My cityscapes depict a cycle of addition and subtraction, renewal and decay," says Wilson. "The fragility of life, of existence, is what I intend to encapsulate within my paintings."

Opening reception is Thursday, Sept. 25, from 6 to 9 p.m. (artist in attendance). Go to kimotogallery.com for info.

Silver to small screen: VIFF Industry Conference

As usual, there are some real relevant goings on at this year's VIFF Industry Conference (Oct. 1-4). Here are two:

The Business of Entertainment: Meet the Gatekeepers: John Morayniss, CEO of Entertainment One Television, and Nicole Clemens, senior vice-president and head of series development for FX Networks.

They'll discuss plenty, including how network and cable executives approach TV trends in programming.

Genre Smash! Vancouver's own Simon David Barry, creator of Continuum, and screenwriter Nicole Perlman, (Guardians of the Galaxy) will talk about how film and TV genres have expanded into sub-genres and hybrid genres, melding familiar elements in new and compelling ways. Lots of other cool guests, too.

For more information, go to viff.org.

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Jeffrey Tambor plays transgender parent Maura Pfefferman in the new series Transparent. CONTRIBUTED

Transforming TV. Amazon looks forward with new Transparent series

Online retail giant Amazon is celebrating the launch of a new original show it hopes will help it catch up with streaming pioneer Netflix.

Transparent, which had a red-carpet unveiling in Los Angeles, features a transgender character in the central role of a show that has already generated strong buzz.

"No one can ever doubt that the TV model has changed for good. Amazon, with its ability to draw in name talent, is impressively building on what Netflix and (rival streaming service) Hulu are doing," commented the Hollywood Reporter.

"This is huge, it's a game changer. There is nothing like this on television," its main star Jeffrey Tambor said on the red carpet. "I couldn't be more proud."

It is not Amazon's first foray into producing its own original content — political comedy Alpha House debuted last year, but has so far failed to win the acclaim of Netflix series like House of Cards and Orange is the New Black.

The pilot episode of Transparent is already available, while Amazon will take a leaf out of Netflix's book by releasing the whole season on Sept. 26 to binge-watch.

The half-hour dark comedy stars the lugubrious Tambor — from Arrested Development — as father Mort Pfefferman coming out as transgender Maura to his three adult children (who have their own secrets).

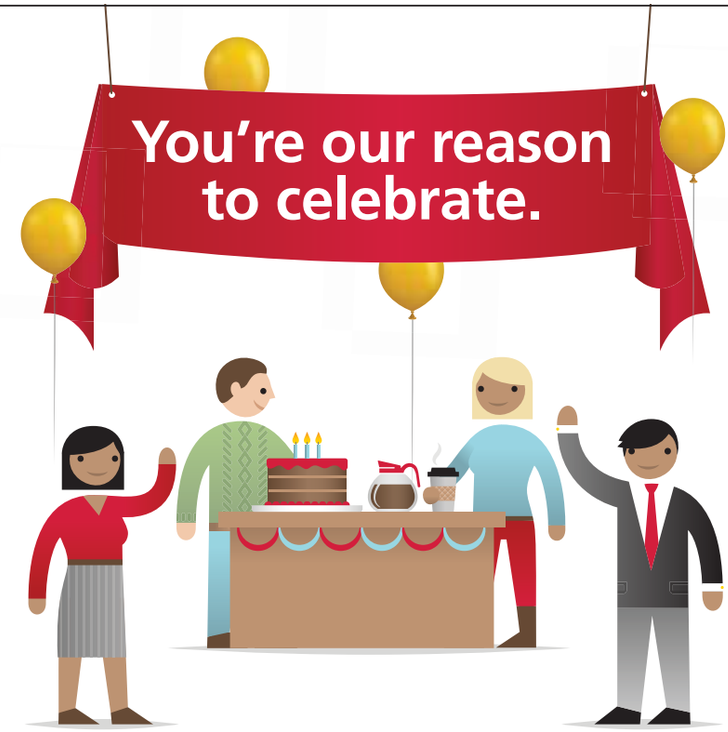
The cast of the show, which is definitely for an adult audience, also includes Gaby Hoffman of Girls.

Adding to its creative heft, it is directed by Jill Soloway, an Emmy-nominated writer from the cult series Six Feet Under.

"Artistically, it's been a dream come true. I absolutely got to make the show I wanted to make," Soloway said, when the Amazon series was announced in August.

"I am beyond excited to share Transparent with the world through Amazon."

Transgender roles in comedies are nothing new. Orange is the new Black features Laverne Cox, who made it to the front page of Time magazine in her role as Sophia Burset. But a transgender main character is rarer, giving the series — the title of which is a play on words involving a gender-bending parent — an edge in a crowded new market. AFP



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Paper Towns. Model Cara Delevingne lands lead

British model Cara Delevingne will play female lead Margo in the 2015 adaptation of the John Green novel Paper Towns.

Despite her status as a relative unknown in acting terms, Delevingne "blew everyone away" at the audition, and demonstrated a perfect understanding of lead character Margo, said The Fault in Our Stars author Green, via Twitter.

The Chanel, Dolce & Gabbana, DKNY and Stella McCartney model started her segue into film with a minor part in Joe Wright's 2012 interpretation of Anna Karenina, a main role in Michael Winterbottom's recent literary adaptation The Face of an Angel, and again with Wright on 2015 fairy tale Pan.

For Paper Towns, directed by Jake Schreier of the award-winning crime comedy Robot & Frank, Delevingne will become a mysterious, mischievous classmate of Quentin (Nat Wolff, The Fault in Our Stars), who incites him to indulge his most vengeful urges before she makes a sudden disappearance.

British model and actress Cara Delevingne. LOIC VENANCE/AFP

A July 2015 debut has been fixed by Fox and Temple Hill, and Delevingne joins a long line of models-turned-actresses; company that includes Halle Berry, Cameron Diaz, Vanessa Williams, Uma Thurman and Charlize Theron. AFP

Nonfiction

Shortlist for Hilary Weston prize announced

Social activist Naomi Klein and novelist Kathleen Winter are among the finalists for this year's Hilary Weston Writers' Trust Prize for Nonfiction.

The two were among five shortlisted authors for the $60,000 prize announced by the Writers' Trust of Canada on Wednesday.

Klein, a Montreal native who has gained international acclaim for her books No Logo and The Shock Doctrine, is a finalist for This Changes Everything: Capitalism vs. the Climate (Knopf Canada).

And Newfoundland-raised Winter, a former Scotiabank Giller Prize finalist, is nominated for Boundless: Tracing Land and Dream in a New Northwest Passage (House of Anansi Press).

The short list is rounded out by Charles Montgomery and journalists Susan Delacourt and Paula Todd.

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- Top: Vintage
- Heels: Le Chateau
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- Photographer: Aida Miri

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Never seen the Bachelor? Neither has its star

An age of innocence. Bachelor Canada's Tim Warmels may be about to get a dose of reality

Tim Warmels had never seen an episode of The Bachelor Canada before he signed on to be its resident romance-seeker. But the tech entrepreneur — who admitted he "doesn't watch a lot of TV" — was willing to try anything to find love.

"It's being 28 and being single. That's what it is," Warmels said. "It's having a choice in front of you to do exactly what you've been doing for the last six years, or you can try something very, very different for the next two months."

And he has no regrets. The Bachelor Canada premieres Thursday on City, and although Warmels won't share any spoilers, he believes he made the right choice.

Warmels grew up in Campbellville, Ont., where he worked on horse ranches in the summer and played hockey five days a week. After graduating from the Richard Ivey School of Business at the University of Western Ontario, he moved to Toronto and worked on Bay Street before launching his own tech company.

He wound up on the second season of The Bachelor Canada in an unusual way. Rather than auditioning, a friend recommended him to a producer earlier this year. Two weeks later, he had a contract in hand.

Asked what he was looking for in a girlfriend at the start of filming, Warmels said he preferred to keep an open mind.

"I'm always really surprised at what about a person will attract me to them," he said. "Whether you like sports, or whether you like art, or whether you like doing this with your weekends or that with your weekends — I'm always surprised at how much those things don't matter."

Competing for Warmels' heart are 25 bachelorettes like April, a 30-year-old esthetician from Victoria, who prefers the term "vagician," and Jennifer, a 26-year-old "joyologist" from Montreal.

Asked which dates will be the most entertaining to watch, Warmels was tight-lipped.

"That is absolutely something you'll have to watch to find out," he said. "They really do a good job at trying to find lots of very different people because you never really know what's going to get a guy."

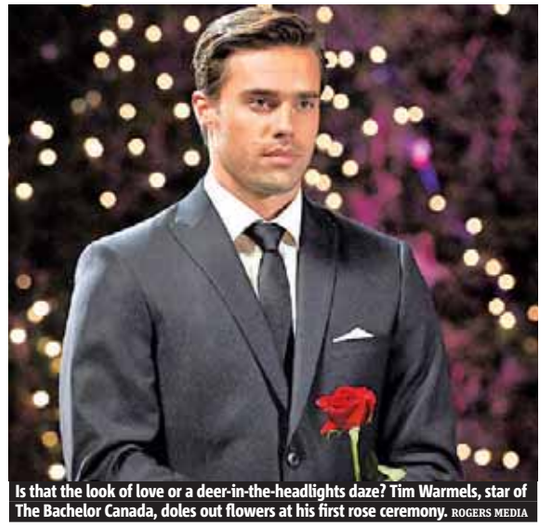
He said "there's no way" he could prepare for the fame and scrutiny that being on the show will bring. But he expects his life will return to normal in a few months.

"I think the best you can do is not really care about how it goes. If it goes great, then great. If it doesn't, then you know yourself, and have to be happy with the decisions you made on a personal level," he said.

In his spare time, his interests range from building custom furniture to writing his blog timwarmels.wordpress.com, where he unpacks scientific studies that relate to finding happiness and efficiency.

Although a country boy at heart, he said he loves the culture of Toronto.

"The energy of the city is fantastic. I love seeing live music. On the weekends, you can probably find me sitting in some weird café, drinking coffee and reading." THE CANADIAN PRESS



Is that the look of love or a deer-in-the-headlights daze? Tim Warmels, star of The Bachelor Canada, doles out flowers at his first rose ceremony. ROGERS MEDIA

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Young hearts beat for Maze Runner stars

Maze mania. Dylan O'Brien, Kaya Scodelario and Will Poulter nearly caused a teenage riot at a premier screening of their new film

RICHARD CROUSE
scene@metronews.ca

Imagine the roar of a jet engine. Then picture yourself being blown backwards by the ferocity of the sound.

That's the experience I had recently when hosting the Canadian premier of The Maze Runner, a new film based on a popular YA novel about a group of boys (and one girl) who must brave the dangers of a giant labyrinth to gain not only freedom but also their true identities.

There wasn't a plane in sight, just a theatre packed with young adults. When I made the surprise announcement that some of the film's stars would be joining us for a Q&A, you would have thought a giant electrical surge had bolted through every seat in the house. As I brought Skins' star Kaya Scodelario, Meet the Millers' Will Poulter and Dylan O'Brien, resident heartthrob of Teen Wolf to the stage, the place erupted.

Ears ringing, I asked a few questions, trying to be heard above screams of "I love you!" Not directed at me, but mostly at O'Brien.

As the handsome actor answered a question on bringing the character traits of Thomas alive from the page to the stage, a young woman whooped, "Thomas is hot!" O'Brien played along, saying, "That's what I really wanted to lift from the page, his hotness. I was really focused on that."

"You nailed it!" came a voice from the audience.

The enthusiasm wasn't reserved just for him. Scodelario, a British actress who plays the film's fierce female lead, could barely be heard above the din as she talked about her character's empowerment. "I felt very strong playing her," she said.

Dylan O'Brien, left, and Kaya Scodelario star in the sci-fi thriller The Maze Runner. CONTRIBUTED

"A lot of times in movies, Hollywood and the rest of the world try to soften female characters. We have to see them vulnerable and we have to see them crying, and while that is a part of who we are as women, we can also be tough ..."

The rest of her message is lost to the ages, drowned out by, "You go, girl!" hollers and the general melee of excited millennials.

Poulter, a 21-year-old British actor with a resumé that includes the charming Son of Rambow and The Chronicles of Narnia blockbusters, provided comedic relief. When I asked if he modeled his American accent on anyone in particular, he said, "I had to give up modeling, but that's very sweet. Thanks for asking."

The trio answered questions, most of which started with, "I just want to say I love you guys," and ended with the inevitable, "Is there any possibility of getting an autograph or a picture?" for 25 minutes before being whisked away to another city, another press day and another theatre likely full of screaming teens.

Quoted

"A lot of times in movies, Hollywood and the rest of the world try to soften female characters. We have to see them vulnerable and we have to see them crying, and while that is a part of who we are as women, we can also be tough..."

Kaya Scodelario, actress
on playing a strong female lead

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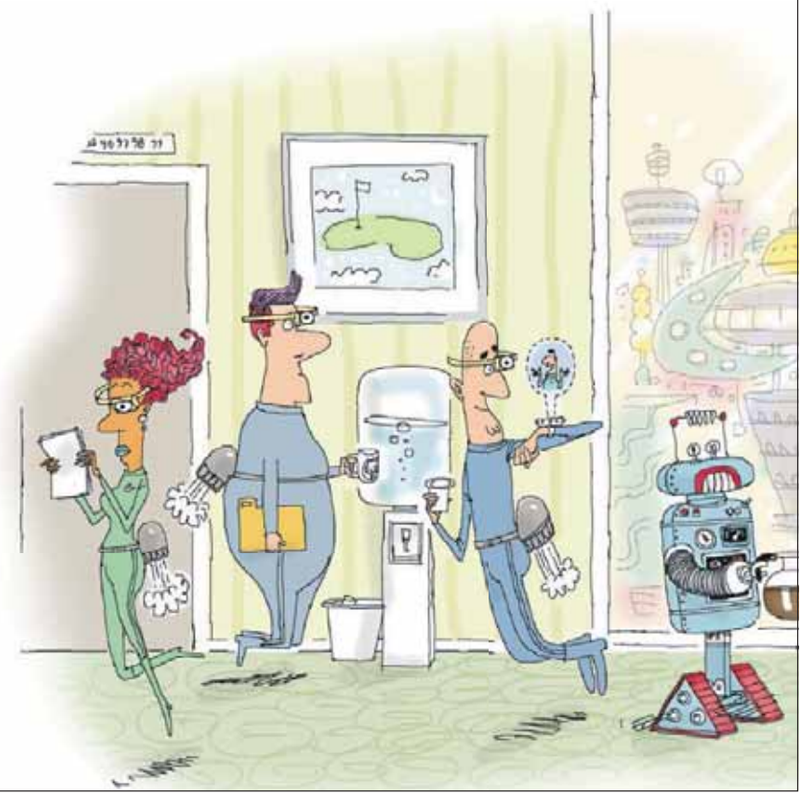


METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Britney Spears. ALL PHOTOS GETTY IMAGES

Lucado-less Britney reaches out to former beau

Britney Spears has reportedly been retreading old romantic territory in the wake of her split from boyfriend David Lucado, at least according to one former flame.

"Britney was making the rounds with ex-boyfriends," ex-boyfriend John Sundahl tells the National Enquirer. "Ten minutes after I saw that she broke up, she called me and said, 'Hey, I just want you to know that we split up because (Lucado) was with some porn star.' And I was like, 'OK, sorry to hear that.'"

That's not all Spears wanted to talk about.

"She said, 'Are you going to be in town soon?'" he recalls. "'Well, look me up and we'll hook up.' Britney falls in love very easily."

Spears, who also reportedly reached out to ex Adnan Ghalib, dated Sundahl briefly after her 2007 breakdown.

Nick Jonas bares his finger but still values his values

Nick Jonas is not so pure anymore — or at least he doesn't need a piece of jewelry to remind him to be.

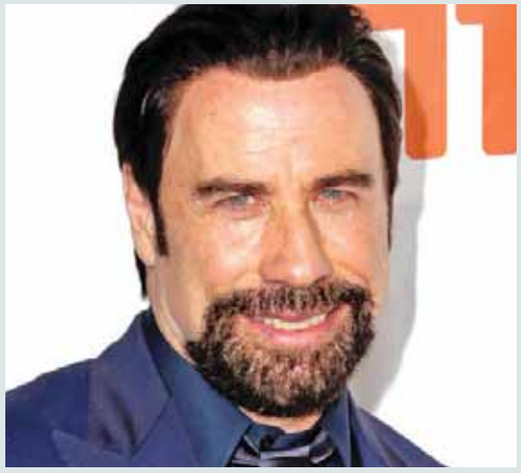
After years of rumours that he and brother Joe Jonas had dropped the pledges that go along with their purity rings, the youngest Jonas Brother admits he's stopped wearing it all together.

Nick Jonas

"This is real growth in me and not something I'm doing anymore," he tells the Huffington Post. "But I've got my set of values, things that are important to me now at this point in my life, and that's all that matters."

That and not advertising to every girl you see that you're a virgin, I guess.

The Word



Embattled Travolta has no regrets about Battlefield flick

NED EHRBAR
Metro in Hollywood

doesn't seem too bothered about the pending lawsuit from his former pilot, Doug Gotterba, who claims he also had a six-year romantic relationship with the Look Who's Talking star.

"This is every celebrity's Achilles heel. It's just about people wanting money," Travolta tells the Daily Beast.

Yikes. I didn't realize Gotterba got around that much. Every celebrity?

Seriously, though, there's a much, much more troubling revelation in this interview, and it has to do with the universally panned Battlefield Earth, about which Travolta has zero regrets.

"Are you kidding? Why would I ever regret that?" Travolta asks. Although I'd be happy to explain, I get the feeling he doesn't really want an answer.

"I had the power to do whatever I wanted, and I chose to do a book that I thought was worthy of making into a movie," he says. "It's a beautiful film. It's a good movie."

I just ... wow.

Lena Dunham

Girls' girl will see Star Wars if Girls' guy will watch Girls

Now that Lena Dunham's Girls co-star Adam Driver is set to be in the new Star Wars film, she's using the fact she's never seen the famous franchise as leverage to get him to finally watch their HBO series — something Driver has avoided.

"I've never actually seen Star Wars. I understand that this is a huge cultural phenomenon, but I get none of the references," Dunham tells E! News. "Now I'm going to have to watch — to understand. Adam's never watched Girls, so we made a deal I would watch Star Wars if he watched Girls. We can commune about it like a book club."

Except Driver himself isn't so hot on the exchange.

"I don't think so," he says of watching the show. "I'm trying to delay that as much as possible."

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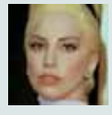

@ladygaga
Spent a lot of time crying today, happy tears, but many. I can't believe my life. Being able to buy nice things, travel, it's overwhelming.

@DanaDelany
I'm trying this thing where I take a walk instead of a nap. So now I'm sleepwalking.

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Seaside piers, playful days and current politics influenced this year's delivery of Spring/Summer styles at London Fashion Week.

MARISSA FENTIMAN
Metro World News

5 runways that rocked LFW

Burberry Prorsum

Youthfulness was at the core of the collection entitled The Birds and the Bees, with sheer fabric swathed around the models' bodies in a bandage-like fashion overlain with denim jackets, finished in shearling and ostrich feather trims. But it was the fresh spring spin on the house's heritage stalwart — the trench coat in hand-screened flora and fauna — which truly blossomed.

Paul Smith

The designer's Spring '15 outing was easy like a Paul Smith Sunday afternoon. The clothes were made for lounging: relaxed tailoring, blouses and floaty linen tops in taupe, blush, and cornflower blue. Here, the mannish tailoring that's quintessentially Paul Smith translated into deconstructed jackets and oversized culottes. There was femininity, too, with sheer panels on skirts and fringing on tank tops.

Vivienne Westwood Red Label

Vivienne Westwood turned the runway into a political rally for the "Yes" campaign in the upcoming Scottish referendum on the nation's independence from the U.K. The clothes were as outspoken as her politics: oversized '70s-style shirt collars and shoulders, textured leggings and hats that wouldn't look out of place in the French Revolution — apt coming from the anarchic Grand Dame.

Topshop Unique

"The faded glamour of the British seaside" was the romanticized theme for the Topshop Unique show. You'd do well to discover those past glories through the sea-salt rotted piers and cheap arcade gaming shops, but the high street fashion house managed to find something more cheery amongst the wreckage. Indeed the clothes were bold in cut and (primary) colours: slipdresses, babydolls, and ruffled short shorts came with striped wedges.

Christopher Kane

The Scottish designer tied his collection together with rope ... quite literally. Cord was worked into dresses, hems and even drawstrings on a pair of bordeaux-coloured leather track pants. The colour palette was subdued, almost wintry, perhaps in part in respectful memory of his mentor, the Central Saint Martins professor Louise Wilson, who died recently. But there was still excitement, albeit more pared down than in seasons past with "controlled explosions" of tulle from collars and hems.

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Be of good chair

Whether it's a single in the corner of the bedroom or a pair holding court in the living room, armchairs offer more than a place to park yourself. They're also a great way to inject some personality into a room. Here are some accent-seating options to add dazzle to your place through the entertaining season and into the long winter ahead

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

The finishing Tux

Add a touch of classic houndstooth pattern to your space. Tux Chair, $1,200, CrateAndBarrel.com

Say zen!

Smooth, sensual lines give this chair a groovy zen vibe. Karbon Chair, $700, EQ3.com

In rare form

Form and structure offer up the look of an architect's prototype. Kanji Armchair, $400, Structube.com

Tuft act to follow

Mid-century modern goes traditional with a winged back and button tufting. Strandmon Wing Chair, $329, Ikea.com

When in chrome

Rounded leather and chrome scream '70s sex appeal. Caitlin Leather Lounge Chair, $2,270, Elte.com

Simply irresistible

Simple and sculpted with a pop of colour. Rebecca Armchair with wooden legs, $810, UrbanMode.com

Tech giants bet on Jetsons-style living

Smartphones are already used to control some household devices and tech titans are vying to establish the dominant online smart home platform. ISTOCK

Smart home revolution.

Push-button convenience of animated Space Age family is headed for mass-market reality

It's long been the stuff of science fiction, but tech giants hope the "smart home," where gadgets talk to each other and the fridge orders the milk, will soon become reality.

The futuristic vision of wireless domestic bliss that puts people and their smartphones or tablets at the centre of an Internet of Things was a key theme at this year's IFA consumer electronics fair in Berlin.

Industry titans such as Google, Samsung and Apple have been battling for an early lead in the race to create the Internet-connected household, a market they expect to grow into the next multi-billion-dollar tech revolution.

The smart home is heading "towards a mass-market reality," said Lisa Arrowsmith of market research firm IHS.

The new driving force, she said, is "the rise of the smartphone and its role as a common user interface to allow remote and in-home control of devices such as thermostats, smart plugs or security systems."

Talk of creating the "automated home" has been around since at least the 1980s, but was hobbled by technical hurdles, from tangled cables to costly interfaces and compatibility problems between appliance manufacturers.

Now the dream is back with a vengeance as companies foresee a world of synced devices, where motorists remotely switch on the heating as they drive home, and holidaymakers watch over their houses from the beach with security camera footage.

At the IFA in Berlin, South Korea's Samsung presented its 2020 vision of the "house of the future," replete with a hologram chef who gives step-by-step cooking instructions, and digital sports coaches that keep an eye on your morning workout.

"For many it's still just a vision, but change is coming and it's coming fast," promised Samsung Electronics co-CEO Boo-Keun "BK" Yoon. AFP

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A modern twist on comfort food

Cookbook of the Week

Simplify real homemade food

An advocate for simple, healthy cooking, Michael Smith uses his latest book, Family Meals, to inspire readers to create great-tasting meals for their own families.

In the release, Smith shares the recipes he loves to cook for his own family along with tips on how to make cooking together fun.

Among the 100 recipes are: Maritime Mussel Chowder, Sweet Potato Chickpea Stew, Nacho Burgers, and more. METRO

Stovetop Chicken with Herb Dumplings.

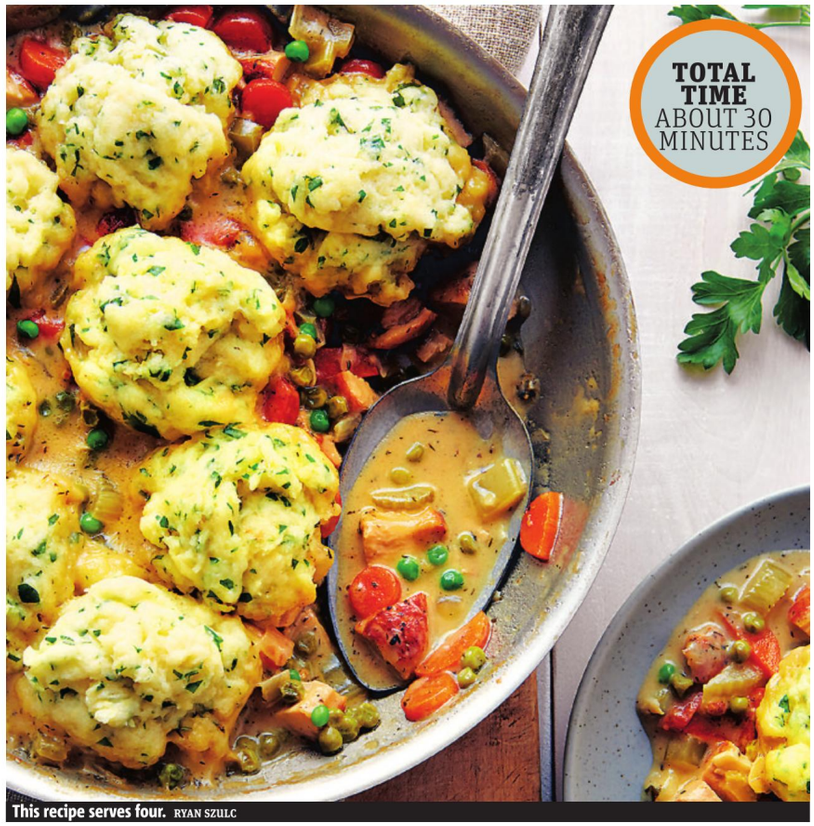
Typically cooked with a whole chicken, this meal uses speedy-to-make chicken breast

1. Start making the stew. Heat your favourite heavy skillet over medium-high heat. Pour in the vegetable oil, then add the butter (the oil prevents the butter from burning). Add and sear the chicken breasts, building a golden-brown crispy crust on each side, about 15 minutes total. Remove the delicious chicken to a plate.

2. To the skillet, add the onions, celery, carrot and garlic along with a splash or two of water to loosen and dissolve all the flavourful browned bits. Stir and cook until sizzling, 5 minutes or so. Reduce the heat to medium. Sprinkle in the flour and stir until it's evenly absorbed by the butter. Pour in the wine and stir the works again. Pour in the cream and water and continue cooking, stirring often, until the sauce is beautifully thickened and smooth.

3. Meanwhile, chop the chicken into bite-size pieces. Return them to the pan along with the peas. Season with thyme, salt and pepper. Turn off the heat.

4. To make the dumplings, in a medium bowl, whisk together the flour, baking powder, sugar and salt. Stir in the parsley. Add the milk and melted butter, and stir together until the dough is just blended. Return the chicken stew to a slow simmer. Spoon 10 or 12 dumplings over the stew. Cook, uncovered, for 10 minutes, then cover tightly and cook until the dumplings are fluffy and tender, about 10 more minutes. Spoon, serve and share! RECIPES FROM FAMILY MEALS: 100 EASY EVERYDAY RECIPES BY MICHAEL SMITH. COPYRIGHT MICHAEL SMITH, 2014. REPRINTED BY PERMISSION OF PENGUIN CANADA BOOKS INC.



This recipe serves four. RYAN SZULC

Ingredients

For the Creamy Chicken Stew
- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (15 ml) or so butter
- 2 boneless, chicken breasts
- 1 large onion, chopped
- 2 celery ribs, diced
- 1 large carrot, diced
- 4 garlic cloves, thinly sliced
- 2 tbsp (30 ml) all-purpose flour
- 1 cup (250 ml) white wine
- 1 cup (250 ml) whipping cream
- 1 cup (250 ml) water
- 1 cup (250 ml) frozen green peas or corn
- 1 tbsp (15 ml) fresh thyme
- 1 tsp (5 ml) salt
- Lots of freshly ground pepper

For the tender dumplings
- 1 cup (250 ml) all-purpose flour
- 2 tsp (10 ml) baking powder
- 1/2 tsp (2 ml) white sugar
- 1/2 tsp (2 ml) salt
- Handful of chopped parsley
- 1/2 cup (125 ml) milk
- 1/4 cup (60 ml) butter, melted

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For your phone

SideChef (iPad/iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

This narrated, step-by-step cooking community includes shopping lists, voice controls, and tools to share your own recipes. The variety's good, but the use of tokens to unlock content is annoying.

Side. Beet Red Quinoa

1. Toss the beets into a small pot. Pour in the water and add the quinoa, olive oil, honey and salt. Bring to a furious boil, then reduce the heat to the slowest, steadiest simmer possible. You may find that even your lowest heat is still too much, so try offsetting your pot a bit from the heat.

Ingredients
- 1 large or 2 small beets, peeled, grated through the large holes of a box grater
- 2 cups (500 ml) water
- 1 cup (250 ml) quinoa, well rinsed
- 1 tbsp (15 ml) olive oil
- 1 tbsp (15 ml) honey
- 1/2 tsp (2 ml) salt
- 1 tsp (5 ml) red wine vinegar

This recipe makes about 4 cups (1 l). RYAN SZULC

2. Cover and gently simmer until the quinoa is brilliant red and tender, 15 minutes or so. Turn off the heat but don't uncover the works, and let rest for 5 minutes. Unveil and stir in the vinegar. Serve and share!

'We made a mistake'

Vikings regret bringing back Peterson

Hours after reversing course and benching Adrian Peterson indefinitely, Minnesota Vikings owner Zygi Wilf said Wednesday that the team "made a mistake" in bringing back their superstar running back following his indictment on a felony child-abuse charge in Texas.

"We made a mistake and we need to get this right," he said at a crowded news conference.

Peterson is accused of injuring his four-year-old son by spanking him with a wooden switch earlier this year. Peterson's been put on the exempt-commissioner's permission list, meaning he is off the active roster while he deals with his legal affairs. THE ASSOCIATED PRESS

Soccer

Impact narrowly gore Red Bulls

The Montreal Impact may have three victories from their first three CONCACAF Champions League matches, but clinching a spot in the tournament's knockout stage still isn't a given.

Montreal recorded a narrow 1-0 win against a largely inexperienced New York Red Bulls side on Wednesday at Saputo Stadium to increase its lead atop its group to six points. The team's final group stage game goes Oct. 22 in New York.

Should Montreal lose that game, especially by a large margin, the Impact could come crashing out of the competition despite its three wins.

THE CANADIAN PRESS

Striving to be an unstoppable force

CFL. Lions defence has been turning opponents black and blue, and keeping them out of the end zone

CAM TUCKER
cam.tucker@metronews.ca

They're relentless. They're hostile.

Not only have the B.C. Lions, with a fast and aggressive scheme on defence, succeeded in keeping opposing teams out of the end zone of late, they seem to take considerable gratification in punishing anyone not in orange or black that would get their hands on a football.

Take Winnipeg Blue Bombers running back Nic Grigsby, for example.

Grigsby found himself in the path of hard-hitting linebackers Solomon Elimimian and Adam Bighill numerous times in last Saturday's win for the Lions.

He was lifted high into the air and planted to the ground while on the receiving end of thunderous hits, or just brought down by way of technically sound, but authoritative, tackles.

"It's the fact that we try to be unstoppable," said Bighill on Wednesday.

There was considerable talk last week about how the Lions hadn't scored an offensive touchdown since the middle of August.

With quarterback Kevin Glenn back behind centre, the Lions eventually took care of eliminating that pesky little factoid against Winnipeg.

On defence, the Lions have now gone two full games without allowing a touchdown.

"What we want to do is we want to limit the points they get, and get turnovers and just be disruptive. Be dominant. Be violent," said Elimianian.

"When they carry the ball, we want to make them pay with big hits and get after quarterbacks and get after running backs. That's the kind of defence we want to play."

There have been numerous pleasant surprises from rookies on defence, like Alex Bazzie on the defensive line and defensive backs Josh Johnson and Ronnie Yell. And the cast of veteran characters, like Dante Marsh and Ryan Phillips, are still offering their usual contributions.

"I've been very excited about our defence all year long," said Bighill. "You haven't seen our best football yet, which is a good thing."

Follow Cam Tucker on Twitter @camtucker_metro

Lions linebacker Adam Bighill jars the Stampeders' Simon Charbonneau-Campeau with a tackle on Aug. 1 in Calgary. The Lions' defence haven't given up a touchdown since the middle of August. DEREK LEUNG/GETTY IMAGES

Stingy D

196

The Lions have surrendered 196 points, which ranks as best in the league. The CFL-leading Stampeders are second, having given up five more points.

4 SPORTS

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O's laughing all the way to the AL division series

MLB. Unlikely hero Pearce is catalyst in AL East champ Baltimore's sweep-clinching win over Toronto

Adam Jones hits Orioles teammate Christian Walker with a pie after the Wednesday night's 6-1 win over the Jays at Camden Yards. ROB CARR/GETTY IMAGES

The Baltimore Orioles had every right to experience a letdown just one night after clinching their first AL East title in 17 years.

It would have made perfect sense, except the players — and Steve Pearce in particular — are simply having too much fun.

Pearce homered twice and drove in four runs as the Orioles beat the Toronto Blue Jays 6-1 Wednesday night for a three-game sweep.

One of the key components of Baltimore's surprising season, Pearce hit a solo shot in the third inning and a three-run drive in the fifth. His 20 homers this year are three more than the 31-year-old had previously in his entire career.

"It's just a great feeling," Pearce said. "I don't know, it's just great to contribute on this team and win ball games. Personally, it feels great for me and I want to continue doing what I'm doing."

Pearce, who also connected Tuesday night in the division-clinching victory, has seven RBIs in his last two games.

In the seventh inning, Aaron Sanchez threw a high, inside pitch that sent Pearce to the ground. Then, for the third time in three games, the plate umpire warned both teams about throwing at batters.

"No intention," Sanchez said. "Just sailed on me."

It was the 10th win in 11 games for the Orioles, who have a shot to earn home-field advantage throughout the AL playoffs. Baltimore started the day three games behind the Los Angeles Angels with 11 to play.

J.A. Happ (9-11) gave up both homers to Pearce and lost his third straight start. Toronto pitchers have surrendered home runs in seven straight games.

"They are where they are at for a reason," Happ said. "They are playing at a high level right now all around."

Jose Reyes drove in a seventh-inning run for the Blue Jays, who have lost four in row. Their wild-card chances now are only mathematically viable.

THE ASSOCIATED PRESS

Messi sets up winning goal

FC Barcelona's Lionel Messi is brought down by Carlao of APOEL FC during their UEFA Champions League Group F match on Wednesday in Barcelona. Gerard Pique headed in Messi's free kick for the only goal in Barcelona's 1-0 win. Scan the image with the Metro News app for additional Champions League results. DAVID RAMOS/GETTY IMAGES

Women's hockey

Bonhomme retires from Team Canada

Veteran Canadian women's hockey defenceman Tessa Bonhomme is retiring from international competition.

Bonhomme made her international debut at the 2004 Four Nations Cup and finished her career with 51 points (10 goals, 41 assists) in 107 games.

The 29-year-old native of Sudbury, Ont., won gold with Canada at the 2010 Olympics in Vancouver.

THE CANADIAN PRESS

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Don't compromise your principles today. You may think others will admire your pragmatic approach, and maybe they will, but rivals will see it as a sign of weakness.

♉ Taurus
April 21 - May 21
Avoid anything too adventurous today. Stick with what feels right to you, even if others say it is boring. You know what you like and there is no reason why you should change it.

♊ Gemini
May 22 - June 21
If you get the chance to improve your cashflow situation, take it. Your ability to make quick and correct decisions means you will be much in demand today.

♋ Cancer
June 22 - July 23
Be careful that what you say to a loved one doesn't hurt them. You have every right to express your opinion, but you also have a responsibility to think what the consequences might be.

♌ Leo
July 24 - Aug. 23
You are desperate to spread your wings. You will get the chance not long after the Sun changes signs on the 23rd. For now, finish what you started.

♍ Virgo
Aug. 24 - Sept. 23
You may not be able to take your own plans further right now but you can certainly help a friend with something that means a lot to them.

♎ Libra
Sept. 24 - Oct. 23
Whether or not you have the experience to take on a new role at work is irrelevant. What matters is that you have the intelligence and the ambition.

♏ Scorpio
Oct. 24 - Nov. 22
What you get over the next 24 hours may not be what you want but it is exactly what you need. If a friend makes a suggestion, you would be wise to take it seriously.

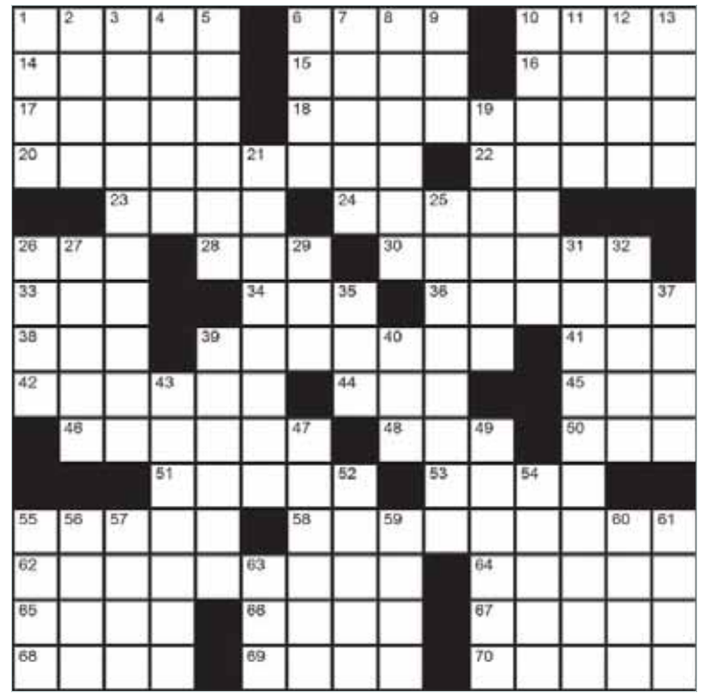
♐ Sagittarius
Nov. 23 - Dec. 21
A little knowledge can be dangerous, so whatever it is you discover today don't act on it yet. In the fullness of time you'll find it is only half of the picture.

♑ Capricorn
Dec. 22 - Jan. 20
Don't waste time on petty arguments when there are so many important matters that require your attention. There's enough room for every opinion.

♒ Aquarius
Jan. 21 - Feb. 19
However much you might fear the unknown, confront it over the next few days. Otherwise, you may not be in the frame of mind to take advantage of the opportunities coming your way.

♓ Pisces
Feb. 20 - March 20
You know what you want and you know how to get it. So what are you waiting for? The time is right to make your bid for fame and fortune, so don't hold back a moment longer.

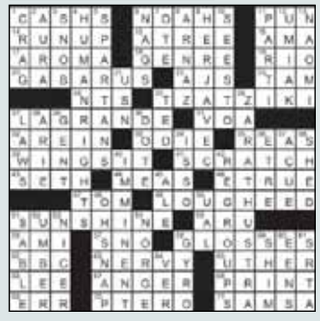
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Alexandre __, The Count of Monte Cristo author
6. Force on upcoming FOX series "Gotham" [acronym]
10. Loudness unit
14. Denigrate
15. "This is __ _ big mistake!"
16. Cedar Rapids state
17. __ __ a beet
18. Nova Scotia's celebrated folk artist (b.1903 - d.1970): 2 wds.
20. Artsy event: 2 wds.
22. Heraldic wreaths
23. Actor Will
24. Huge
26. Mineral __
28. Scottish writer Josephine
30. 'Apple pie a' needs it: 2 wds.
33. She's opposite
34. Sine __ non (Essential thing)
36. Referencing
38. US dog org.
39. Arctic footwear
41. Dietary letters
42. Type of beard
44. Gremlin
45. High society, Bon __
46. Task-ful trip
48. Charles Dickens protagonist
50. Winnipeg airport code
51. Go in
53. Sud's opposite
55. Brit now living, e.g., in Canada
58. 1995 novel by Canadian author Wayson Choy, The __ __
62. "Yukon Men" channel
64. Showbiz agent, Swifty __ (b.1907 - d.1993)
65. Tuner
66. Frozen beverage name
67. "Let's Make __": 2 wds.
68. Van Gogh's Bank of the __ at Auvers
69. Middles, mini-ly
70. Director Mr. Harlin

Down
1. Jeanne _'__
2. Slangy 'super'
3. Island-of-animals 2005 animation
4. "It's _ __ bet that..."
5. Group of six
6. Explorer, Vasco da __
7. Insurance company filing
8. Canadians (note the 's'), as opposed to Canadian
9. Father
10. Stock pantomime character
11. Wolf's wail
12. Boo-boo
13. Northern BC's __ River
19. __ Express (Canada-based courier)
21. Patronize
25. The __ __ (Canuck artist Tom Thomson tree painting)
26. Certain carpet
27. 'Orange' tea
29. Chuckling sound!
31. Donald Sutherland war picture starring Lee Marvin, "The __ __" (1967)
32. Fund
35. Will Smith movie
37. Turf ruler
39. Have the intention: 2 wds.
40. Li'l strike caller!
43. Overly-sweet sentimentality
47. Dishearten
49. Tree type
52. More unique
54. Writer Charles' bookish surname
55. Taro root
56. Gladiator's 13
57. Pro bono TV spots
59. Nice 'n Easy products
60. "Wavin' Flag" by K'__
61. Every 12 mos.
63. The Old __ (Theatre in London, England)

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1				5			6	
			3			2		
3		2			6	9		
		1						8
5		9	2		7	4		6
8						7		
		6	8			5		9
		3			1			
	9			3				7

Yesterday's Sudoku

2	3	4	5	9	6	1	8	7
8	6	7	3	1	4	5	9	2
5	9	1	8	7	2	3	6	4
9	4	8	2	5	3	6	7	1
7	2	3	6	8	1	4	5	9
1	5	6	9	4	7	8	2	3
4	8	5	1	2	9	7	3	6
6	1	2	7	3	5	9	4	8
3	7	9	4	6	8	2	1	5

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